



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

We teach  
**diving!** Check  
out our beginner  
classes.

# TRY SOMETHING NEW AT THE Y

## SOMERSET VALLEY YMCA

**Bridgewater residents enjoy special introductory rates for children's aquatics and gymnastics programs!**

Swim lessons aren't just for summer! Year-round lessons offer your child the best chance to learn and enjoy the sport of swimming.

We teach [swimming classes](#) for infants through ages 14. Classes are offered mid-morning and afternoons during the week and on Saturdays and generally meet once per week for 30 minutes for Parent/Child (6 mos to 36 mos) and Pre-School (3 to 6 years). Youth classes (7 to 12 years) meet once per week for 45 minutes at various times on weekday afternoons, evening and Saturdays.

[Diving lessons](#) are available in Bridgewater to children ages 7 years and older.

**Please register at each branch beginning Aug. 24.**

We flip. We soar. We do it all in our [Somerville gymnastics program](#). From tumbling tykes, to Stars, we offer a program where children up to age 10 can develop and grow. Only at our Somerville branch. **Introductory discount offer** applies to all Bridgewater residents.



**Bridgewater Branch**  
601 Garretson Rd.  
Bridgewater, NJ 08807  
908 526 0688

**Somerville Branch**  
2 Green St.  
Somerville, NJ 08878  
908 722 4567



[ymcasomersetvalley.org](http://ymcasomersetvalley.org)